



ADDICTION AWARENESS



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

You Can Overcome Addiction

Addictions are treatable disorders.

The first step is admitting to yourself that you have an addiction problem and you want to take back control of your life. The next step is seeking help.

Your program's website offers a variety of information on addiction, self-help tools and resources that can get you started.

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